UNIFIRST CORP

Form 4 July 26, 2005

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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OMB APPROVAL

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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * BOYNTON BRUCE P			2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [UNF]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)			
68 JONSPIN ROAD			(Month/Day/Year) 07/22/2005	Director 10% OwnerX Officer (give title Other (specify below) Senior VP, Operations			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
WILMINGTON, MA 01887			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	Transactiomr Disposed of (D) Code (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)		
Common stock	07/22/2005		M	1,100	A	\$ 15.125	1,100	D		
Common stock	07/22/2005		M	1,100	A	\$ 10.0625	2,200	D		
Common stock	07/22/2005		M	825	A	\$ 17.55	3,025	D		
Common stock	07/22/2005		S	100	D	\$ 44.96	2,925	D		
Common stock	07/22/2005		S	100	D	\$ 44.83	2,825	D		

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Common stock	07/22/2005	S	100	D	\$ 44.82	2,725	D
Common stock	07/22/2005	S	200	D	\$ 44.8	2,525	D
Common stock	07/22/2005	S	600	D	\$ 44.57	1,925	D
Common stock	07/22/2005	S	300	D	\$ 44.5	1,625	D
Common stock	07/22/2005	S	500	D	\$ 44.46	1,125	D
Common stock	07/22/2005	S	100	D	\$ 44.97	1,025	D
Common stock	07/22/2005	S	200	D	\$ 44.54	825	D
Common stock	07/22/2005	S	600	D	\$ 44.99	225	D
Common stock	07/22/2005	S	125	D	\$ 44.43	100	D
Common stock	07/22/2005	S	100	D	\$ 44.51	0	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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(right to buy)								
Common stock option (right to buy)	\$ 10.0625	07/22/2005	M	1,100	(2)	11/03/2008	Common Stock	1,100
Common stock option (right to buy)	\$ 17.55	07/22/2005	M	825	(3)	10/31/2009	Common Stock	1,100

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

BOYNTON BRUCE P 68 JONSPIN ROAD WILMINGTON, MA 01887

Senior VP, Operations

Signatures

Bruce Boynton, by power of attorney

07/26/2005

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- This stock option became vested and exercisable 25% on the first anniversary of the grant date (8/31/2000), an additional 25% became vested and exercisable on the second anniversary of the grant date (8/31/2001), and additional 25% became vested and exercisable on the third anniversary of the grant date (8/31/2002), and the remaining 25% became vested and exercisable on the fourth anniversary of the grant date (8/31/2003).
- This stock option became vested and exercisable 25% on the first anniversary of the grant date (11/3/2001), an additional 25% became vested and exercisable on the second anniversary of the grant date (11/3/2002), and additional 25% became vested and exercisable on the third anniversary of the grant date (11/3/2003), and the remaining 25% became vested and exercisable on the fourth anniversary of the grant date (11/3/2004).
- This stock option became vested and exercisable 25% on the first anniversary of the grant date (10/31/2002), an additional 25% became vested and exercisable on the second anniversary of the grant date (10/31/2003), and additional 25% became vested and exercisable on the third anniversary of the grant date (10/31/2004), and the remaining 25% shall become vested and exercisable on the fourth anniversary of the grant date (10/30/2005).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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