Collings Robert Frank Form 4 January 18, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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Check this box

Form 5 obligations may continue. See Instruction

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

(Print or Type Responses)

1. Name and Address of Reporting Person * Collings Robert Frank

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

(Check all applicable)

Issuer

below)

(Last)

1(b).

(First)

(Street)

(State)

(Middle)

(Zip)

UNIFIRST CORP [UNF] 3. Date of Earliest Transaction

(Month/Day/Year)

01/14/2011

X_ Director

10% Owner Officer (give title Other (specify

C/O UNIFIRST CORPORATION, 68 JONSPIN

ROAD

(City)

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

Applicable Line)

Filed(Month/Day/Year)

X Form filed by One Reporting Person Form filed by More than One Reporting

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

WILMINGTON, MA 01887

1. Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3) (Month/Day/Year)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 3, 4 and 5) (Instr. 8)

5. Amount of Securities Beneficially Owned Following Reported

6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)

(A) or

Transaction(s) (Instr. 3 and 4)

Common 01/14/2011 Stock

Code V Amount (D) Price 1,000 \$0 A (1)

6,000

D

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

(9-02)

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| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transacti Code (Instr. 8) | 5. Number on Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisab Date (Month/Day/Year | • | 7. Title and Ar Underlying Se (Instr. 3 and 4) |
|---|---|--------------------------------------|---|---------------------------------------|---|--|-----------------|--|
| | | | | Code V | (A) (D) | Date Exercisable | Expiration Date | Title I |
| Stock Appreciation Right (2) | \$ 56.16 | 01/14/2011 | | A | 2,500 | 01/14/2011(2) | 01/14/2019(2) | Common stock (\$0.10 par value) |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | |
|--|---------------|-----------|---------|-------|--|
| | Director | 10% Owner | Officer | Other | |
| Collings Robert Frank C/O UNIFIRST CORPORATION 68 JONSPIN ROAD WILMINGTON, MA 01887 | X | | | | |

Signatures

/s/ David Whitman, Attorney-in-Fact

01/18/2011 Date

**Signature of Reporting Person

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).
- (1) Such shares of Common Stock represent an award of restricted stock and become fully vested on January 2, 2012.
 - This stock appreciation right shall be exercisable in full on the grant date (1/14/2011) and must be settled in stock at the time of exercise.
- (2) This grant has an expiration date of January 14, 2019 or on the second anniversary of the date that the grantee ceases to be a member of the Board of Directors, whichever occurs first.

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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