SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person*	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
Croatti Matthew (Last) (First) (Middle) C/O UNIFIRST CORP 68 JONSPIN ROAD (Street) WILMINGTON MA 01887 (City) (State) (Zip)	UNIFIRST CORP [UNF] Foreign Trading Symbol 3. Date of Earliest Transaction (Month/Day/Year) 10/23/2026 4. If Amendment, Date of Original Filed (Month/Day/Year)	Director ☑ 10% Owner Officer (give title below) Other (specify below) 6. Individual or Joint/Group Filing (Check Applicable Line) ☑ Form filed by One Reporting Person Form filed by More than One Reporting Person

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)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	10/23/2026		M		1,000(1)	A	$119	11,912	D	
Common Stock	10/23/2026		F		669(2)	D	$281.29	11,243(3)	D	

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

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Appreciation Rights	$119	10/23/2026		M			1,000(1)	10/23/2026	10/24/2026	Common Stock	1,000	$0	0	D	

Explanation of Responses:

1. The reported transaction represents the automatic exercise of stock appreciation rights ("SARs") immediately prior to their expiration on October 24, 2026. The SARs were automatically exercised in accordance with the terms of the award agreement. There was no sale of shares acquired upon such automatic exercise.

2. Includes shares withheld for taxes upon automatic exercise of stock-settled stock appreciation rights.

3. Includes 94 restricted stock units that vest in one remaining annual installment on October 31, 2026, 237 restricted stock units that vest in two remaining equal annual installments on October 31, 2026 and October 31, 2027, 411 restricted stock units that vest in three equal annual installments on October 31, 2026, October 31, 2027 and October 31, 2028, 390 restricted stock units that vest in two equal annual installments on October 31, 2026 and October 31, 2027, 646 restricted stock units that vest in three equal annual installments on October 31, 2026, October 31, 2027 and October 31, 2028 and 9,465 shares of Common Stock owned by the reporting person.

Remarks:

/s/ John Dowd, Attorney-in-Fact 10/27/2026

** Signature of Reporting Person Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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