SEC Form 4

# FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPROVAL | |
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| OMB Number: | 3235-0287 |
| Estimated average burden hours per response: | 0.5 |

## 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*

Sintros Steven S

(Last) (First) (Middle)

C/O UNIFIRST CORP.

68 JONSPIN ROAD

(Street)

WILMINGTON MA 01887

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol

UNIFIRST CORP [ UNF ]

Foreign Trading Symbol

3. Date of Earliest Transaction (Month/Day/Year)

10/31/2026

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

☑ Director ☐ 10% Owner

☑ Officer (give title below) ☐ Other (specify below)

Chief Executive Officer

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 | 10/31/2026 | | F | | 2,885[1] | D | $254.84 | 31,097 | D | |
| Common Stock | 11/02/2026 | | A | | 2,907[2] | A | $0 | 34,004 | D | |
| Common Stock | 11/02/2026 | | A | | 6,963[3][4] | A | $0 | 40,967[5] | 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 | | | | |

**Explanation of Responses:**

1. Represents shares of Common Stock withheld by UniFirst Corporation to satisfy certain tax withholding obligations in connection with the vesting of certain restricted stock units.

2. Represents restricted stock units that were earned based on the achievement of certain performance criteria and that 50% of such restricted stock units remain subject to vesting on October 31, 2027 and 50% of such restricted stock units remain subject to vesting on October 31, 2028.

3. Represents restricted stock units granted under the UniFirst Corporation 2023 Stock Option and Incentive Plan (the "2023 Plan"). Such restricted stock units vest in three equal annual installments on November 2, 2027, November 2, 2028 and November 2, 2029.

4. These are annual grants for fiscal 2027.

5. Consists of (i) 22,532 shares of Common Stock owned by the reporting person, (ii) 789 restricted stock units that vest in one remaining annual installment on October 31, 2027, (iii) 1,825 restricted stock units that vest in two equal annual installments on October 31, 2027 and October 31, 2028, (iii) 1,557 restricted stock units that vest in one remaining annual installment on October 31, 2027, (iv) 3,445 restricted stock units that vest in two equal annual installments on October 31, 2027 and October 31, 2028, (v) 949 restricted stock units that vest in one remaining annual installment on October 31, 2027, (vi) 2,907 restricted stock units that vest in two equal annual installments on October 31, 2027 and October 31, 2028 and (vii) 6,963 restricted stock units that vest in three equal annual installments on November 2, 2027, November 2, 2028 and November 2, 2029.

**Remarks:**

/s/ John Dowd, Attorney-in-Fact 11/03/2026

** 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.**