FORM 4

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

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

101, 5.0. 200-0	OMB APP	OMB APPROVAL				
	OMB Number:	2225 02				

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

OMB APP	ROVAL							
OMB Number: 3235-028								
Estimated average burden								
hours per response:	0.5							

(Last) (First) (Middle) C/O CARROLS RESTAURANT GROUP, INC. 968 JAMES STREET 4. If Amendment, Date of Original Filed (Month/Day/Year) (Street) SYRACUSE NY 13203 (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) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(S) (Instr. 3, and a) (Common Stock, \$0.01 par value) (9/16/2019 A 10,000 A(I) \$0(I) 19,184 D Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction(S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction (S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction (S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction (S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Following Reported Transaction (S) (Instr. 4) Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (South Park Program) Table II - Derivative Securities South Park Program	Name and Address of Reporting Person* LaLonde Timothy					<u>C.</u>	2. Issuer Name and Ticker or Trading Symbol CARROLS RESTAURANT GROUP, INC. [TAST]									5. Relationship of Reporting Person(s) to Ist (Check all applicable) Director 10% O X Officer (give title Other (wner (specify	
City SYRACUSE NY 13203 Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Securities Acquired Securities	C/O CARROLS RESTAURANT GROUP, INC.						1 ' ' '									below) below)					
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Y	SYRACUSE NY 13203					_ 4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									Line) X Form filed by One Reporting Person Form filed by More than One Reporting					
Date (Month/Day/Year) Date (Month/Day/Year) Date (Month/Day/Year) Date (Month/Day/Year) Disposed of (D) (Instr. 3, 4 and 5) Disposed of (D) (Instr. 3, 4 and 4) Disposed of (D) (Instr. 4) Disposed			Tabl	e I - No	n-Deriv	ative/	Se	curitie	s Acc	quired,	Dis	posed o	f, o	r Bene	efici	ally (Owne	ed			
Common Stock, \$0.01 par value 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) Conversion or Exercise Price of Derivative Security (Instr. 3) (Month/Day/Year) Amount (A) or (D) Price Transaction(s) (Instr. 3 and 4) D Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Securities Conversion or Exercise Price of Derivative Securities (Month/Day/Year) 3A. Deemed Execution Date, if any (Month/Day/Year) Conversion or Exercise Price of Derivative Securities (Month/Day/Year) 4. Transaction Code (Instr. 8) 5. Number of of Derivative Securities Underlying Derivative Securities Underlying Derivative Securities Underlying Derivative Securities (Instr. 5) Conversing Owned Following Reported Transaction(s) (Instr. 4) Reported Transaction(s) (Instr. 4) Amount or Amount or Derivative Securities Owned Following Transaction(s) (Instr. 4) Amount or Amount or Derivative Securities Derivative Securities Owned Following Transaction(s) (Instr. 4)	Date					Execution Date, if any		Transaction Disposed Code (Instr. 5)					4 and Second Sec		urities neficially ned Following		: Direct Indirect	of Indirect Beneficial Ownership			
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 Security Security 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. 8) 5. Number of G. Date Exercisable and Expiration Date (Month/Day/Year) 4. Transaction Code (Instr. 8) 6. Date Exercisable and Expiration Date (Month/Day/Year) Securities Underlying Derivative Security (Instr. 3) Beneficially Ownership Form: Direct (D) Ownership Security (Instr. 5) Ownership Form: Direct (D) Ownership Reported Transaction(s) (Instr. 4) Amount or Amount or									Code	v	Amount		(A) or (D)	Price	, l	Transaction(s)				(msu. 4)	
(e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) Price of Derivative Security Security (Instr. 3) Amount of Derivative Security (Instr. 4)	Common	Stock, \$0.0	1 par value		09/16	/2019				A 1		10,000	0 A ⁽¹⁾		\$0	19,184		9,184		D	
Derivative Security (Instr. 3) Date of Exercise (Instr. 3) Date of Derivative Security (Instr. 3) Security Securities																					
1	Derivative Security	ative Conversion or Exercise (Month/Day/Year) Execution Date, if any Conversion or Exercise Price of Derivative Conversion or Exercise (Month/Day/Year) Execution Date, if any Conversion or Exercise (Month/Day/Year) Conversion or Exe			Transa Code (of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4		rative rities ired r osed)	Expiration	Amount of Securities Underlying Derivative Security (Instr. and 4)			Derivat Securit (Instr. 5		derivative Securities Beneficially Owned Following Reported Transaction	O Fo Di OI (I)	wnership orm: irect (D) r Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)			

Explanation of Responses:

1. The shares were granted to the Reporting Person pursuant to the Issuer's 2016 Stock Incentive Plan.

Remarks:

Interim VP, Interim CFO & Interim Treasurer

<u>/s/ Timothy J. LaLonde</u> <u>09/16/2019</u>

** 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.