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Dear Scott,

Welcome to November's Lunch Notes!

We hope you're enjoying Lunchtaker, and getting some really good ideas!

Thanks!

Amy & Scott - Lunchtaker.com

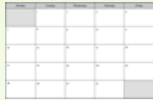
[Fire Ants on a Log](#)

Check out this variation on a classic!



Calendars

As we enter the busy holiday season, take some time to get organized! Our printable calendars help you plan ahead for a week or month of lunches. Sign in to learn more on the [Calendars](#) page!



Get Social!

Get updates from us and those listening in:
[Join our Facebook group](#)
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Add Your Own Items!

You asked for an easier way to contribute your own lunch ideas... We've been working hard! Adding an item is simple: just add the name, ingredients and preparation details, and we'll calculate the nutrition for you! Then, e-mail us a picture and your item will be up on Lunchtaker for all to see! It's as easy as 1-2-3... [Sign In or Sign Up](#)

A Blog? Why Not!

We've added a new blog to Lunchtaker, providing a great way for you to keep in touch with what's new in the world of the lunchbox, and easily comment on it!

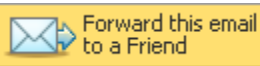
RECENTLY POSTED

- [Beyond the Brown Bag](#)
- [Freezing Sandwiches](#)
- [Help! Which Bread is Best?](#)
- [Visit the Blog for more...](#)

Do you have a topic you'd like us to research and write about?
[Let us know!](#)

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