LUNCH CREW / PRINTABLE RESOURCE

Lunch-food freezer inventory

Use the last column to plan a refrigerator-thawing step—not a room-temperature thaw.

Keep track of what is ready

Food / filling	Date made or frozen	Portions left	Move to fridge for

Label it. Use the oldest suitable batch first.

Freeze familiar foods in useful portions. Try a small batch before making more. For a cold homemade sandwich, thaw in the refrigerator the day before; do not use the counter or a backpack as the thawing plan. Follow product instructions for commercially frozen foods.

This is an inventory, not a storage-life chart. Use storage guidance for the specific food and keep the freezer at 0°F or below. Pack thawed perishables with appropriate cold sources. Hot leftovers require proper reheating and hot holding.

Sources: Nebraska Extension: Freezing Sandwiches; FDA storage guidance. Source review: October 27, 2026.