

# Breakfast Song

To the tune of Row, Row, Row Your Boat

Break, break, break your fast  
With breakfast every day.  
To help you grow and think and play,  
Choose healthy food each day.

Eat, eat, eat some fruit  
And veggies every day.  
Breakfast is the place to start  
To get your 5-A-Day.

Grains, grains, grains are great  
For energy to play.  
Eat some grains to start your day  
To get you on your way.

Drink, drink, drink your milk  
Have dairy foods today.  
Three servings each for bones and teeth  
Oh what a tasty day.

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