

Let's Eat Breakfast

Song version of chant words

Eat healthy food to start your day,
For an energy boost to think and play!
Breakfast, breakfast, let's eat breakfast.

Tortillas, bananas, eggs, and toast,
Muffins, milk, rice, and roast,
Breakfast, breakfast, let's eat breakfast.

Wake up, get dressed, and feed those brains
With oatmeal, yogurt, fruits, and grains.
Eat healthy food to start your day,
For an energy boost to think and play!
Breakfast, breakfast, let's eat breakfast.
Breakfast, breakfast, let's eat breakfast.

What's for breakfast?
What's for breakfast?

B-R-E-A-K-F-A-S-T Rap

Intro: (Yo, yo, yo, come on little dudes, gonna talk about good food. Here we go. Put your hands in the air; and then put them together, you know what to do; put your hands in the air now, put 'em together now.)

B-R-E-A-K-F-A-S-T, breakfast. B-R-E-A-K-F-A-S-T, breakfast.
Eat healthy food to start your day,
For an energy boost to think and play!
B-R-E-A-K-F-A-S-T, breakfast. B-R-E-A-K-F-A-S-T, breakfast.

Tortillas, bananas, eggs and toast,
Muffins, milk, rice and roast.
B-R-E-A-K-F-A-S-T, breakfast. B-R-E-A-K-F-A-S-T, breakfast.

What do you want? Breakfast
What you gonna have? Breakfast
What do you want? Breakfast
What you gonna eat? Breakfast
(Break it down—huh)
Wake up, get dressed,, and feed those brains,
With oatmeal, yogurt, fruit, and grains.
B-R-E-A-K-F-A-S-T, breakfast. B-R-E-A-K-F-A-S-T, breakfast.

What do you want? Breakfast
What you gonna have? Breakfast
What do you want? Breakfast
What you gonna eat? Breakfast
B-R-E-A-K-F-A-S-T, breakfast. B-R-E-A-K-F-A-S-T, breakfast.

What do you want? Breakfast
What you gonna have? Breakfast
What do you want? Breakfast
What you gonna eat? Breakfast
Huh!
(That's right)