

For Your Breakfast

Teaching track available

For your breakfast, for your breakfast

You could have fruits.

Apples, strawberries, peaches and plums,
Kiwi, bananas, oranges, and grapes.

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You could have vegetables.

Celery, carrots, broccoli and beans,
Lettuce, tomatoes, potatoes, and peas.

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You could have grains.

Pita bread, cereal, tortillas, and oats,
Pancakes, bagels, rice, and toast.

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You could have protein.

Peanut butter, chicken, beef, and nuts
Tofu, pinto beans, eggs, and fish.

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You could have dairy.

Swiss cheese, cottage cheese, custard and curds
Yogurt, cream cheese, and low fat milk.

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Eat good food.

Yah!