

Breakfast is Brain Fuel



Breakfast Song

To the tune of...

Twinkle, twinkle little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle little star
How I wonder what you are

Breakfast is Brain Fuel!

Healthy breakfast every day
Fuels my body in every way
Helps me to think, learn and play
Strive to be my best every day
Healthy breakfast every day
Fuels my body in every way!

Healthy breakfast, balanced too
Whole grains, fruit, and low fat milk
Choose your favorites, try for three
Food groups to give you energy
Healthy breakfast every day
Fuels my body in every way!

