

# Breakfast Chant-Let's Fuel Up!

Breakfast, breakfast is the way  
Around the world to start each day  
We need fuel to help us grow  
This is what you need to know

Sound off: Fuel Up!

Sound off: Eat Breakfast!

Sound off: Everyday!

Healthy breakfast foods are fun  
Gives me energy to run  
At home or school is where I go  
To eat my breakfast don't you know!

Sound off: Fuel Up!

Sound off: Eat Breakfast!

Sound off: Everyday!

Fruits, veggies-dairy too  
Add some protein to be cool  
Whole grains give my body fuel  
Breakfast is my thinking tool!

Sound off: Fuel Up!

Sound off: Eat Breakfast!

Sound off: Everyday!