

BREAKFAST

helps you last.

You see it around you,
in boys and in girls;
in those with straight hair,
and in those with curls.

The ones who are grumpy,
the ones who are yawning;
they probably didn't eat,
breakfast this morning.



And then there are kids,
who just cannot stop,
bounding and smiling
and spinning like tops!

Those are the crew
who knew what to do,
and had a great breakfast
like me and you!



Breakfast each day is the healthier way!