



All Aboard The Whole Grain Train

Chorus:

Amaranth, barley, buckwheat, corn
If you like to pop it blow your horn.
Millet, oats, quinoa, rice,
Sorghum can be really nice.
Feed your body, fuel your brain,
Hop on the Whole Grain Train.

Verse 1:

Brown rice is quite complete
Half a grain just can't compete
Breakfast, lunch, dinner, snack –
Whole grains put your health on track.

Chorus

Verse 2:

What can you make with whole wheat?
Pizza dough is really neat.
Whole wheat noodles, whole wheat bread...
Don't put whole grains on your head!

Bridge:

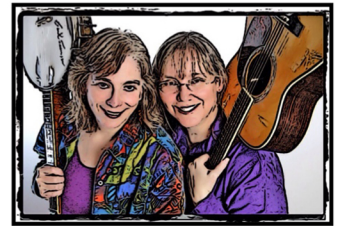
Land, sun, seeds and showers
Help us make whole grain flours.
Make my sandwich on whole wheat!
Whole kids need whole treats!

Chorus

All Aboard...The
Whole Grain Train!

The Whole Grain Train

Cathy Fink & Marcy Marxer



Singer

Chorus
D

1 2 3 A

mf Am- a- ranth, bar- ley, buck- wheat,

5 6 E7

corn. If you like to pop it

A 8 9 D

blow your horn. Mil- let,

10 11 A 12

oats, quin- oa, rice

13 14 15 E7 A

sor- ghum can be real- ly

16 17 D 18

nice. Feed your bod- y

19 20 21 E7 A

fuel your brain. Hop

22 23 24 E7 A

on the Whole Grain Train.

Verse
E7

25 26 27 A

Brown rice is quite com-

28 29 30 E7

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 need whole treats!
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