



## **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:

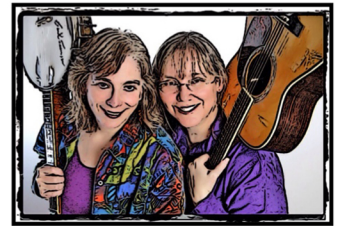
Land, sun, seeds and showers  
Help us make whole grain flours.  
Make my sandwich on whole wheat!  
Whole kids need whole treats!

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

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

plete Half a grain just

can't com- pete Break- fast,

lunch, din- ner, snack

Whole grains put your health on

track. Land, sun,

seeds and show- ers Help us

make whole grain flou- rs

Make my sand- wich on whole

wheat! Who- le kids

need whole treats!

Bridge