

Sick Shift

"The Breakfast Song"

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When you're playing in a rock and roll band
You gotta eat eggs for breakfast every time you can
'cause they got lots of protein and cholesterol
They'll get you up and going and that's not all

Captain Crunch he's really really neat
He's got a red hat and two blue feet
He sails in a ship around the world
I hope he finds a crunch berry girl
In the Breakfast Song

Dinner is cool and lunch is neat
But a hearty breakfast just can't be beat
Eggs and juice and cereal
Toast and cheese all in a bowl

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