

Milk (Yeah, I Like Milk) Rap

MILK! MILK! YEAH>>>>>>> I LIKE MILK!
MILK! MILK! GIMME, GIMME, GIMME SOME MILK!

When I was a little girl --my momma told me I could change this world

All it takes is sleep at night-- and making sure I eat all right.

I started out with breakfast food --some fruit and grains and dairy, too

It gave me what I needed - **YO!**-- The fuel to run I needed most

MILK! MILK! YEAH>>>>>>> I LIKE MILK! (Uh huh)
MILK! MILK! GIMME, GIMME SOME MILK!

I worked real hard in school those days -- by eating right you'd be amazed

At lunchtime salads were the best --to give me vegetables with zest

I ran around the playground there-- at recess time we got fresh air

When school was out I did my chores --and then went out to play some more.

MILK! MILK! YEAH>>>>>>> I LIKE MILK!
MILK! MILK! YEAH, GIMME, GIMME SOME MILK!

At suppertime my momma made-- meat and vegetables to graze
With fruits and dairy mixed all in-- it kept our bodies fit and trim

At times we had a sweet tooth come-- it's OK to eat some junk
But just a bit cuz your body's like-- a car that YOU fill up just
right

**MILK! MILK! YEAH>>>>>>> I LIKE MILK! (Uh huh)
MILK! MILK! GIMME, GIMME, GIMME SOME MILK!**

So this is what I say right here-- put this all to use and have no
fear
Fill your body up, put good things in-- get exercise so you'll stay
thin

Remember all I've said today-- just make a change you'll be OK
And teach the world to better use-- our bodies and good attitude!

**MILK! MILK! YEAH>>>>>>> I LIKE MILK! (Uh huh)
MILK! MILK! GIMME, GIMME SOME MILK!
MILK! MILK! YEAH>>>>>>> I LIKE MILK!
MILK! MILK! GIMME, GIMME, GIMME SOME MILK!**

Written By KJ Reimensnyder-Wagner, 2005. Music part of "Agriculture is a BIG word!"
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