



## EARTHSTAR MUSIC

### #15: "CEREAL & POP TARTS"

- Release date: June 21, 2026
- Executive Producer/Lyrics ~ Dale Stacy
- Editor ~ Jeanne Stacy
- Musical/Vocal arrangements ~ Songer

EarthStar Music ~ A Ministry of  
EarthStar Spiritual Center

#### • Back Story

"CEREAL & POP TARTS" is part of EarthStar Music's Country collection to celebrate fathers, daughters, family, life & the quick passage of time ... Proudly dedicated & released on Father's Day 2026, to my 2 daughters, Laura & Luci, Strong Southern Women ... Truly, the Songs of My Heart !!!

Thank you for supporting this musical endeavor ... Song is available on major streaming platforms ... Aloha, Dale & Jeanne

#### "CEREAL & POP TARTS" Lyrics

##### (Verse 1)

The coffee is poured, as I feel the peace  
Watching the sun rise, coming up from the East  
I hear footsteps, running, down the hall  
2 little girls, kitchen bound, bumping the wall  
Sitting at the table, curly hair, & smiling hearts  
One said, Cereal ... the other, Pop Tarts

**(Chorus)**

Raising a family, & living day to day,  
Balancing work & bills, making time to play  
Laugh often, remember, every hug & kiss  
Cherish the memories, moments of bliss  
Proud of who they are, women & strong  
Cereal & Pop Tarts ... My heart's song

**(Verse 2)**

Growing up fast, going to school & church  
Playing flashlight tag, a nighttime search  
Promoted to the next grade, another year  
How time flies, becomes quite clear  
Before I knew it, it was graduation day  
Cereal & Pop tarts ... I still hear them say

**(Chorus)**

Raising a family, & living day to day,  
Balancing work & bills, making time to play  
Laugh often, remember, every hug & kiss  
Cherish the memories, moments of bliss  
Proud of who they are, women & strong  
Cereal & Pop Tarts ... My heart's song

**(Verse 3)**

The girls are busy now, families of their own  
Tending to husbands & kids, life full blown  
Mindful of their roots, where they belong  
Flag-flying Americans, Southern & strong  
Teaching kids to speak up, loving & kind  
I wonder, if Cereal & Pop Tarts ... ever come to mind

**(Chorus)**

Raising a family, & living day to day,  
Balancing work & bills, making time to play  
Laugh often, remember, every hug & kiss  
Cherish the memories, moments of bliss  
Proud of who they are, women & strong  
Cereal & Pop Tarts ... My heart's song

**(Outro)**

Memories to cherish, reminisce & think  
Time flew by, quick as a blink  
From little smiling faces, to Southern Strong  
Cereal & Pop Tarts ... forever ... My heart's song  
Cereal & Pop Tarts ... forever ... My heart's song

