Yep, it's true -- The Evolution Control Committee got play on the Spike TV channel:

Since it's had almost a million views, it seems high time for an explanation. The video for this (and also for Lunch) was made by NYC videographer Transfatty, who managed to talk Spike TV into airing it. They did... but on one condition: That the lyrics lose the product placement. Thus, we re-recorded "Bisquick/Pancake/Waffle" to be "Flapjack/Pancake/Waffle".