

ODU Foodictionary

- **Meals** - Meals can be eaten at Rogers Hall, Whitehurst Hall or Café 1201 in Webb Center
- **Flex Points** - Flex Points are tax-free and can be used in any Monarch Dining location as a means to pick up snacks and convenience items, act as a supplement meal or to treat family and friends. \$1 = 1 Flex Point
- **Weekly Meal Plan** - A guaranteed number of meals you can use each week for an entire semester at any residential restaurant. This plan resets weekly.
- **Block Plan** - A specific number of meals you can use any time during the semester at any residential restaurant. This plan resets each semester.
- **Monarch Plus** – A prepaid debit account system that can be used at various locations on and off campus, including all Monarch dining locations.
- **Jam Rewards** – A rewards systems that allows students to win cool prizes for eating on campus.